

### **Fitness Room Memberships**

The Community-Senior Center will have a fitness room with cardio equipment including elliptical, treadmills and a recumbent bike as well as dumbbells, lat pull down platform, seated leg curl machine, leg press, leg extension, upper back platform, chest press, medicine balls, stability balls, balancing pads and BOSU balancing pads.

### **Memberships Fees:**

Memberships are for 6 months

Adults \$40

Discounted membership for those age 60 and above \$25

To join the Fitness Room please call the Community-Senior Center at 508-647-6540 to schedule your orientation.

Orientations are mandatory and you cannot purchase a membership until after you have gone through orientation.

### **Fitness Room Hours**

Monday - Wednesday - Friday 7:30am--8:00pm

Tuesday 7:30am-5:30pm

Thursday 7:30am to 10:30am and then 12:30pm-8:00pm  
& Saturday 8:00am-12:30pm

### **Fitness Room Supervised**

by a professional trainer at the following times

Tuesdays from 11:00-12:00pm

Thursdays from 6:00pm-7:00pm

### **Walking Track Schedule**

Monday - Friday 7:30am-9:30am

### **Senior Open Gym**

### **(basketball & walking track)**

Monday 11:00am-3:00pm

Tuesday - Thursday 9:30am - 3:00pm

Not available on Fridays

### **Public Open Gym**

Monday - Thursday 3:00-4:00

Under 18 Allowed only with Adult Supervision

## Natick Human Services & Council on Aging

### EXERCISE PROGRAMS

Community-Senior Center  
117 East Central Street  
508-647-6540



All information valid for December 19th, 2013

**Chair Aerobics\*: Tuesdays & Fridays at 11:00am** Get in shape by joining this vigorous beginner's exercise session which will use most muscles of your body and provide a cardio workout - all while sitting securely in a chair. Instructor is John Vernon.

**Chair Volleyball: Mondays at 12:00pm, Wednesdays & Fridays at 10:30am:** Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, which can improve upper body mobility, balance and strength.

**Chair Yoga\*: Mondays at 10:00am** The gentle breathing exercises and movement of yoga are a great solution for moving in a gentle stress free way to help eliminate stiff and achy joints. Instructor is Sheralee Gladu.

**Line Dancing\*: Wednesdays at 12:00pm** Line Dancing is a great way to exercise and have fun doing it. No partner needed; men are always welcome. Line dancing can be done to a variety of musical styles including country, pop, classical and oldies. This class is led by Manny Correia.

**Muscle Building: Advanced Band Exercises\*  
Tuesdays and Thursdays 10:00am**

This class is for participants that are familiar with using bands and weight training and continues the exercise progression building strength and strong muscles.

**Muscle Building: Low to Moderate Band Exercises\*  
Tuesdays and Thursdays at 11:00am**

This class builds muscles and helps with balance. It is focused on building core strength. It is a good fit for seniors who may have poor balance, or who would feel more comfortable in a slower paced class. It is for beginning band users.

**Evening Muscle Building\* Tuesdays and Thursdays at 5:30pm**

**Strength Training\*: Fridays at 10:00am** Strength classes are appropriate for all levels of fitness. Class will use elastic bands and hand held weights. This class is led by Sheralee Gladu.

**T'ai Chi\*: Wednesdays at 10:00am:** T'ai Chi is a Chinese martial art that is primarily practiced for its health benefits, including a means of dealing with tension and stress. This class is led by Sheralee Gladu.

**Video Exercise: Tuesdays & Thursdays at 10:00am**

This is a peer led (senior volunteer), low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmons Silver Foxes DVD.

**Yoga\*: Fridays at 1:45pm:** Imagine an activity that increases your flexibility, strengthens your muscles, centers your thoughts, and relaxes and calms you. Yoga does all that and more! Please bring your own mat. This class is led by Gene Pacelli.

**Zumba\*: Monday at 12:30pm:** Dance yourself fit. This class is led by Susan Craver.

**Multi-Class Exercise Card**

**Classes with a \* are \$3.00 per class and require the purchase of a Multi-Class exercise card. Cards can be purchased in two denominations, 10 class card for \$30 and a 5 class card for \$15. They are available at Community-Senior Center. Classes without a \* are free.**

**Small Group Personal Training**

Small group personal training with Christine of Fitness Together. Participants will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. To sign up please visit the desk at the Community-Senior Center, 117 East Central Street. New sessions start each month.

**Intro Small Group Personal Training  
Tuesdays and Thursdays for 4 weeks  
from 12:00pm-1:00pm  
Cost is \$100**

**Small Group Personal Training  
Tuesdays & Thursdays for 4 weeks  
10:00am or 7:00pm Cost is \$100**

\*Class appropriate for those who have done small group before or regular exercisers.



